

MUSCLE STRENGTHENING METHOD AND APPARATUS

ABSTRACT OF THE DISCLOSURE

A passive repeating plyometric muscle strengthening method and an apparatus for the method, wherein, the amplitude and frequency of up and down moving of the pedal can be adjusted, a trainee is continuously born with a load for exercising in a passive mode to do a plyometric and eccentric contraction muscle training in a short time with a large amount of acting units. Combination of the eccentric contraction and the concentric contraction for muscle training can enhance muscle strength and power, and danger resided in pure muscle training with eccentric contraction can be reduced thereby, a larger effect of muscle training can be obtained to meet the requirement of high acting-speed movements in practical competitions. The method can excite large amount of acting units of a human body in a very short moment. The elastic components in the muscle organization are sufficiently used to make muscle contraction able to generate larger strength and power. The effect of increasing the power is evident.